the Internal Cleansing Kit™

USER'S GUIDE

Welcome to the **Internal Cleansing Kit**

step 1

step 2

step 3

step 4

accessories

green tea

user's guide

dosage calendar

THIS IS YOUR KIT

Congratulations on purchasing one of the finest Internal Cleansing Programs available today.

Every effort has been put into this **Kit** to make using it as simple as possible.

Your **User's Guide** gives detailed instructions and tips for every step of the program. It also has a large section of common questions and answers to help you along the way.

The **Dosage Calendar** is your daily companion. It has a page for each day of your cleansing with complete dosage instructions.

Enjoy your cleanse!

A brief **Introduction**

FOUNDATION OF SURVIVAL

Internal cleansing is a natural, everyday process of the body. Eliminating toxins is foundational to our survival. It is the doorway to optimal health. However, in today's highly polluted world, our normal body processes can be easily overwhelmed. When this happens we begin to accumulate toxins.

Our bodies try to protect us from these toxins by storing them in our cells, mucus and fat, waiting for a time when they can be eliminated.

Unless we periodically help our bodies by internally cleansing, this accumulation can lead to a toxic overload.

Left unattended, our bodies may experience this toxic overload as anything from a vague headache and tiredness to a chemically induced cancer.

The Internal Cleansing Kit has over 90 herbs that are potent allies to release, absorb and eliminate these stored toxins. Once cleansed, the energy previously used for toxin storage is now available for our bodies' deep healing and rejuvenation.

CAUTION

Please note who should **not** use this **Kit**:

Pregnant or nursing, mothers

Anyone with an active, acute infection

Anyone recovering from a medical procedure, surgery, or therapy

Anyone experiencing extreme weakness or extreme deficiences

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QuickStart

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FOR YOUR INFORMATION

By choosing to follow the recommendations of this program, you are exercising your right to take control of your own health. However, the information in this guide should not be used as the basis for treating a particular symptom or disease, or to replace any treatment that you are currently undergoing. All guidelines for the use of the **Internal Cleansing Kit** or any of the individual formulations presented in this guide are for educational purposes only. If you have a serious health problem or have questions, you should always consult with your health care professional.

Q & A

In this section, you will find a large number of common questions related to taking this **Kit** and our answers.

All of the questions and their exact page numbers are listed here so you can easily find the answers that you need.

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"60–80% of all cancers are due to environmental chemicals"

— The World Health Organization's research

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THE FORMULAS

All the formulas in the **Internal Cleansing Kit** have been synergistically formulated to deliver the most powerful effect and support possible.

Taken together, the combination of these formulas does more than any one formula could do on its own.

In this section, you will find information about each formula and the function of every herb in the **Kit**.

ALL ABOUT THE FORMULAS

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before you start

Some words on **Water**

6–8 Be sure to drink 6–8 glasses of **pure water** every day of your cleansing.

IS YOUR WATER TOXIC?

Our bodies are more than 70% water. We all drink water every day. However, it is very important that we are not drinking water with added toxins.

City water always has chemicals added. Even a private well is not a guarantee of pure water since toxic runoffs can enter your water table at anytime, unknown to you.

BE ASSURED OF CLEAN WATER

To be assured of clean water, you can install a **carbon based water filter** or buy a **known pure source** of bottled water. You can also buy distilled or filtered water. However, do not buy generic, non-descript brands which may have no guarantee of the water's purity.

Remember, when you go to work or are on the road, take your bottled, or filtered water with you.

All about **Apple Juice**

WHY USE APPLE JUICE?

Apple juice makes one of your formulas, **Toxin Absorber**, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice.

Apple juice also has its own cleansing powers and helps with the rejuvenation process.

HOW MUCH DO I NEED?

It will take 4 quarts of apple juice to take all of your packets of **Toxin Absorber**. When you buy your juice, be sure it is from **organically** grown apples so as to not introduce new toxins while cleansing.

You should be able to get your juice at the local health food store, supermarket, or by mail order from Diamond Organics, at: 1.888.674.2642

Best of all, make your own fresh juice using four organically grown apples.

Dietary Considerations

YOU DON'T HAVE TO CHANGE YOUR DIET, BUT...

Diet is a major factor in determining how mild or strong your cleansing will be.

If this is your first time going through any type of natural cleansing program, you may want to just enjoy the power of the **Internal Cleansing Kit** without changing anything about your diet. This is perfectly fine. You will still experience wonderful and positive benefits.

Sometimes your body's condition, demanding work, or personal choice, necessitates your going more gently and slowly. The only difference between a mild and strong cleanse, besides your comfort level, is that it takes longer to achieve the same effect.

However, if you are familiar with cleansing and would like to get more out of the **Internal Cleansing Kit**, you can use the information below to alter you diet in several different ways.

You can stop eating one or more of the foods listed under "Specific Foods to Eliminate", or you can go even more in depth and use the chart, "Controlling the Strength of Your Cleanse", and change the type of diet you eat. By making your diet lighter, the same energy that your body would normally use to break down food can now be used to help break down and expel the toxins that are stored in your body.

The most important thing to remember is to listen to your own body. Even small changes in diet can vary the strength of your cleanse.

CONTROLLING THE STRENGTH OF YOUR CLEANSE

	type of diet	organic or not	meals per day	raw or cooked
easiest for body to process (strongest cleanse)	raw juices*	100% organically grown food	freshly made juice* only	100% raw*
	raw food*		1 meal plus juice*	80% raw* 20% cooked
	vegan* (no eggs or dairy)	80% organic 20% non-organic	2 meals plus juice*	
	macrobiotic*	50% organic 50% non-organic	2 1/2 meals plus juice*	50% raw* 50% cooked
	vegetarian* (with eggs and dairy)		3 meals plus juice*	
	meat eater no processed foods	20% organic 80% non-organic	3 meals only	20% raw* 80% cooked
hardest for body to process (mildest cleanse)	meat eater plus packaged processed foods	all non-organically grown food	3 meals plus snacks	100% cooked

NOTE: all juices should be raw and organic only, and can be taken anytime
* see page 37 of Q&A for a list of **recommended books** on each diet type

This chart gives a more in-depth look at what types of diets are easier or harder for your body to process.

To use this chart, locate your current diet type in each column.

You can make your diet easier on your body by moving up in any column or in any combination of columns. This will free up more energy, giving you a stronger cleanse.

Likewise, if your cleanse becomes too strong, you can move down in any column to soften the effects.

Remember to go slowly when changing your diet, as large jumps can have a strong impact on your body.

SPECIFIC FOODS TO ELIMINATE

Dairy Products including cheese, ice cream, milk, and yogurt: clog and congest, thus slowing down the elimination of toxins

Fried Foods especially pan fried with oil or deep fried: clog and congest

Sugar in candy, soft drinks, or added to food: depresses the immune system

Salt: constricts and holds in toxins

Meat: takes the most energy to digest and slows cleansing

Starting **Step One**

Digestive System

foundation for cleansing

A QUICK LOOK AT STEP ONE

It is common after years of eating the standard American diet to build up **mucoid plaque*** on the walls of our intestines. This plaque greatly lowers our ability to absorb nutrition and makes our bodies much more toxic.

No matter how much we may cleanse other areas of the body, if we do not clean out the intestines first, we will continue to reintroduce the very toxins we are working so hard to get rid of elsewhere.

Each night before bed, you will be taking **Digestive Stimulator** and **Toxin Absorber** along with apple juice and water.

This will begin the process of dissolving the buildup of accumulated wastes along the inner lining of the intestines.

This is done by stimulating the intestines to release the wastes and to herbally absorb unwanted toxins, while moving them out of your body.

*** mucoid plaque** – a layer or layers of adhesive, hardened mucus lining the inner walls of the digestive tract. It can be from less that one-eighth of an inch to several inches thick. It is usually compacted with old fecal matter, bound up toxic waste, 'bad' bacteria, and/or parasites.

Things you'll need to start Step One

Digestive Stimulator

Toxin Absorber

The Shaker

Organic Apple Juice

Pure Water

Dosage Calendar

THE LEAST YOU NEED TO KNOW

Before beginning Step One, you will need to buy Organic Apple Juice and Pure Water.

Every night of Step One you will take **Toxin Absorber** with Apple Juice and Water. You will also take **Digestive Stimulator** capsules.

The whole purpose of Step One is to find out how many capsules of **Digestive Stimulator** it takes for you to have three or more soft bowel movements the following day.

You will begin with one capsule, and, if necessary, increase by one capsule more each night until you find "your number." Once found, you will take that amount every night throughout the whole program.

step 1

Finding your number of **Digestive Stimulator**

Your personal dosage of **Digestive Stimulator** caps will vary according to the current condition of your intestines. The purpose of Step One is to find "your number".

DAY ONE

Start in the evening by taking one capsule of **Digestive Stimulator** before bed. The following day observe the number of soft bowel movements.

DAY TWO

Did one capsule give you three or more soft bowel movements today? **If yes**, move onto Step Two; you have found "your number". **If not**, then take two capsules tonight before bed. The following day observe the number of soft bowel movements.

DAY THREE +

If you had three or more soft bowel movements today, move onto Step Two; you have found "your number". **If not**, then take three capsules tonight before bed. The following day observe the number of soft bowel movements.

If necessary, continue this pattern of increasing by one more capsule every night until you have three or more soft bowel movements the next day. Then move onto Step Two.

About **Soft Bowel Movements**

WHAT IS A SOFT BOWEL MOVEMENT?

A soft bowel movement is just that, a movement that is soft, but still formed. It should come out easily and without effort. You should have at least three soft bowel movements every day of your cleansing program.

Your movements should not be loose, watery and without shape, like diarrhea*. One movement of diarrhea followed by soft movements, however, is OK.

If, at some point, you find you have taken too many capsules and have developed diarrhea, then decrease your dosage that evening by one capsule only and the next day should be perfect for you.

*diarrhea — completely liquid bowel movements, like water, that persist for three or more movements.

The average dosage is one to three capsules a night. It is not a problem if your unique individual needs show you need to take more. Those who normally experience severe constipation may need upwards of ten capsules or more a night. The important thing to remember is to find out what your body's needs are and take "your number" every night during your cleansing.

step 1

Taking your **Toxin Absorber** packets

When mixed with liquid, **Toxin Absorber** swells and has extremely high absorptive powers. It helps to draw toxins and parasites to itself and out of your intestinal system. Take one packet every night with apple juice and water.

FILL

Before bed, start by filling the **Shaker** about half full with organic apple juice. You may use other fruit juices if you prefer; however, we do not suggest using water, as it makes it difficult to swallow.

RIP & POUR

Next tear open one packet of your **Toxin Absorber** and add it to your apple juice.

Note: Some people are sensitive to the dust of the powder and may experience an uncomfortable sensation in their nose or lungs. To allow the dust to dissipate, you can have another person open the packet, pour it into your apple juice, shake it, and uncap it before bringing it back to you.

SHAKE & DRINK

Shake vigorously for 15–20 seconds.

Drink immediately and follow with at least half a jar of pure, distilled, or filtered water.

Using your **Dosage Calendar**

A QUICK LOOK

In the **Dosage Calendar,** you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

After finishing a day, you may tear off that page or simply turn it over to the next one.

How will I feel during the cleanse?

CLEANSING IS DIFFERENT FOR EVERYONE

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others, not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great. There may be occasional discomforts called "cleansing reactions".

The more closely you eat an all raw diet of fruits and vegetables and/or their juices while cleansing, the more likely you will experience strong cleansing reactions. If the body is ready, some will even experience a "healing crisis". This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom working on the areas that need to reach optimal health.

Unlike disease processes which lead to continued degeneration and loss of energy, any discomforts of cleansing are only temporary and always lead to more energy, vitality, and renewed health. (See pages 34–36 of Q&A for more information on "cleansing reactions" and "healing crisis.")

About **Refreshing Green Tea Blend**

EASE ANY SYMPTOMS OF CLEANSING

Sit down, relax, and drink a cup of **Refreshing Green Tea Blend**. Using two tea bags, let them steep for five to ten minutes, adding honey as desired. Green Tea is helpful in absorbing toxins before they can react with your cells and gives you a little "pick-me-up". (also see page 34–35 of Q&A)

Starting **Step Two**

Liver & Gallbladder, Parasite Elimination

the body's major detoxifying organ and support formulas

A QUICK LOOK AT STEP TWO

As we begin to eliminate the waste that has accumulated in our intestines, we also recolonize with **Friendly Bacteria Replenisher.** Not only are friendly bacteria the body's first line of defense against disease, but they also keep bad bacteria and parasites from secreting more toxins into our system.

If the intestines are not cleaned out, the liver and gallbladder are the first to be impacted and to experience toxic overload. With the **Liver & Gallbladder Rejuvenator,** these major organs of detoxification are cleansed, protected, and aided in their daily jobs.

We introduce **Toxin Neutralizer** to help prevent the newly released toxins from recirculating and damaging our healthy cells. It also protects the liver.

There is yet one more problem of the intestines to address — parasites. If we let these unwanted guests stay alive in our guts, we can never achieve optimum health. That is why we take **Large Parasite Eliminator 1, Small Parasite Eliminator,** and **Large Parasite Eliminator 2.**

These three formulas help kill and eliminate both visible and microscopic parasites, a problem more common than most of us would like to imagine.

Things you'll need for Step Two

CONTINUE FROM STEP ONE

Digestive Stimulator

Toxin Absorber

NEW FOR STEP TWO

Liver & Gallbladder Rejuvenator

Friendly Bacteria Replenisher

Toxin Neutralizer

Large Parasite Eliminator 1

Large Parasite Eliminator 2

Small Parasite Eliminator

THE LEAST YOU NEED TO KNOW

Each evening, before bed, you will continue with **Digestive Stimulator** and **Toxin Absorber** throughout Step Two.

Introduced for the first time are six new formulas; four are in capsules and two are in liquids. These will be taken before breakfast, lunch, and dinner for the next seven days.

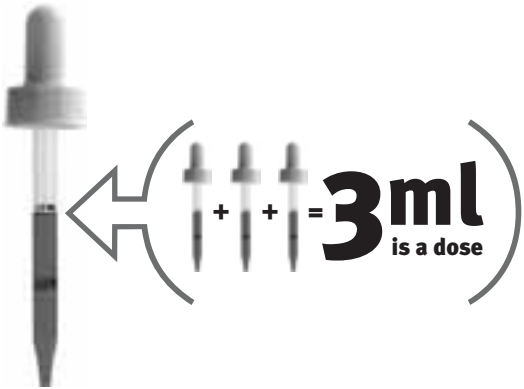
The liquid formulas can be easily taken together with a little water in your **Mixing Glass**. One dose of each formula is 3 ml or three droppers filled to the 1.0 ml mark on the dropper.

Your **Dosage Calendar** will give you day by day directions of what to take, when, and how much.

step 2

Taking your **Liquid Formulas**

During this program, you will be taking six different liquid formulas. Each formula will be taken in 3ml doses, this is equivalent to 3 droppers filled to the 1.0 ml mark.



HOW TO MEASURE A DOSE

You will find that the dropper has markings on it. The top marking is 1.0 ml. You will need 3 of these to equal 1 dose. Before measuring your dose, shake your bottle well. Unscrew the cap and squeeze the white bulb; this will draw up the liquid. Do not worry if it does not come up exactly to the 1.0 ml line, but get as close as you can.

Squirt your droppers into the **Mixing Glass**. Add water as desired.

You can mix all of your formulas in this glass. This will allow you to take them all at once.

Using your personal **Accessories**

MIXING GLASS

We have found this glass makes taking your liquids very easy.

You may choose to mix a little water with your dose or you may take it straight.

You may also take your liquid formulas all together at one time.

TRAVEL VIALS

These vials are provided so that you can take a lunch and/or dinner dose with you.

Up to 7 capsules fit in each of the larger vials.

Each small vial holds two doses of liquid. Mix the formulas together.

step 2

The facts on **Parasites**

COMMON PROBLEM

Up to 50% of the population carry at least one form of parasite and possibly more. No matter how good a job you may do cleansing your organs, you must be sure to get rid of these parasites and any “bad” bacteria in your intestines. These can be hidden, ongoing, and daily sources of new toxins introduced to your body from the inside.

WHAT IF I HAVE PARASITES?

The parasite elimination formulas of this cleansing program will begin the process of their complete removal. If you already know you have parasites, or observe them, or experience uncomfortable symptoms while taking the parasite elimination formulas, then you should suspect you have them and repeat the parasite cleanse part of this program one week after you finish the **Internal Cleansing Kit**. You will also need to do this parasite cleanse again three weeks later. Ask for our **Parasite Elimination Kit**, which contains specific formulas for this purpose only.

How do I know if I have **Parasites?**

OBSERVE YOURSELF CLOSELY

If there are large parasites present, you may see them in your bowel movement. Be sure to observe every time you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

Sometimes you may see what is obviously the shape of a whole worm. It can be from one quarter of an inch to several feet long. If it moves, you know for sure you are looking at a life form. Microscopic parasites, however, are invisible to the naked eye and you can never actually see them in your bowel movements.

If you have any of the "cleansing reaction" symptoms (see page 34 of Q&A) while taking your parasite formulas, this is a good indicator of either large or small parasites present in your body.

It is also possible that you will not see anything or experience any symptoms. This is quite common. You still may be a host to parasites.

These are creatures that specialize in living "below your radar" to ensure their survival. That is why it is so important to do a parasite cleanse at least yearly, and take nothing for granted.

Starting **Step Three**

Lungs, Kidneys & Bladder

the body's oxygenating and purifying organs

A QUICK LOOK AT STEP THREE

While still continuing all of our foundational formulas, we begin to address the next two major cleansing organs, the lungs and kidneys.

Two new formulas are introduced: **Lung Rejuvenator** and **Kidney & Bladder Rejuvenator**. Since the kidneys receive waste products directly from the liver for excretion, you can now appreciate how important it was for your cleanse to start there. This prevented overtaxing the kidneys. Likewise, the lungs directly reflect the state of the liver.

Unless the liver is cleansed first, the lungs will not be able to work on their own rejuvenation. Instead, they will experience the liver's struggle and be unable to cleanse themselves.

Things you'll need for Step Three

CONTINUE FROM PREVIOUS STEPS

Digestive Stimulator

Toxin Absorber

Liver & Gallbladder Rejuvenator

Toxin Neutralizer

Friendly Bacteria Replenisher

NEW FOR STEP THREE

Kidney & Bladder Rejuvenator

Lung Rejuvenator

THE LEAST YOU NEED TO KNOW

Continue taking **Digestive Stimulator, Toxin Absorber, Friendly Bacteria Replenisher, Liver & Gallbladder Rejuvenator,** and **Toxin Neutralizer** as directed in your **Dosage Calendar.**

You will be starting two new formulas during this step: **Kidney & Bladder Rejuvenator,** and **Lung Rejuvenator.**

Starting **Step Four**

Lymph, Blood & Skin

the rivers of life throughout the body

A QUICK LOOK AT STEP FOUR

We still continue with all of our foundational formulas.

Now that we have cleansed the intestines, liver, kidneys, bladder, and lungs, we can concentrate on blood, skin, and lymph.

The lymphatic system and the blood have experienced a flood of toxins as the other organs of the body have released their chemicals during cleansing.

The moment has come to cleanse the “rivers of life”, the blood and the lymph.

Since skin always reflects the condition of our blood, we must first purify the blood to clear up the skin.

Once our blood is cleansed, our skin will reveal a healthy glow.

Things you'll need for Step Four

CONTINUE FROM PREVIOUS STEPS

Digestive Stimulator

Toxin Absorber

Liver & Gallbladder Rejuvenator

Toxin Neutralizer

Friendly Bacteria Replenisher

NEW FOR STEP FOUR

Blood & Skin Rejuvenator

Lymph Rejuvenator

THE LEAST YOU NEED TO KNOW

Continue taking **Digestive Stimulator, Toxin Absorber, Friendly Bacteria Replenisher, Liver & Gallbladder Rejuvenator,** and **Toxin Neutralizer** as directed in your **Dosage Calendar.**

You will be starting two new formulas during this step: **Blood & Skin Rejuvenator** and **Lymph Rejuvenator.**

Common **questions** & their **answers**

A QUICK LOOK

This section has a large number of the most frequently asked questions and their answers.

Even if you do not have any questions at this time, you may still find this section to be very informative and worth your time to read through.

If you are looking for a specific answer and cannot find it here, we suggest you contact your health practitioner, as they will be most familiar with your individual situation.

If your practitioner is unavailable or unable to answer your questions, you may call us directly at: **800.489.4372** or you may email us at: ***thekit@blessedherbs.com***

Is internally cleansing the body something new?
No, this healing technique has been around for thousands of years and is shared by cultures from around the world.

Why should I internally cleanse?
Ultimately, we cleanse to feel better. Cleansing is a natural, everyday process of the body. Eliminating toxins is foundational to our survival. It is the doorway to optimal health.

In today's highly polluted world, our normal body processes can be overwhelmed. Many unwanted substances are trapped in our tissues.

Our bodies try to protect us from these toxins by setting them aside, or enclosing them within mucus or fat. We may experience this toxic overload as anything from a vague headache and tiredness, to a chemically induced cancer.

The herbs in the **Internal Cleansing Kit** are potent allies to release, absorb and eliminate these stored toxins, thus freeing the body's energy for deep healing and rejuvenation.

What benefits will internal cleansing give me?
Cleansing benefits each person differently. The changes are from very subtle to very obvious. Yet, all of them work towards more improved body and mind functioning.

When your body is burdened with toxic overload, a great deal of energy is wasted that could be better used keeping you healthy and feeling great. Once toxins are eliminated, you may experience any of the following benefits.

Physical Benefits may include
- better appearance
- renewed vitality
- increased energy
- improved health
- better digestion
- improved reaction to stress
- more flexibility
- strengthened body defenses
- eliminated parasites
- cleansed of toxic wastes
- cleared mucus and congestion
- recolonization of healthy bacteria

(continued on next page)

(continued from previous page)

Mental and Emotional Benefits may include

- increased mental clarity
- brightened creativity
- improved memory
- increased joy
- improved sense of well-being
- stabilized mood swings
- cleared negative thought patterns
- lessened depression and anxiety
- released cellular memory of disease or trauma

Will this program "fix" all of my problems?

This program will not, in itself, fix all of your problems. However, it will release the toxic overload and free up energy. This will allow your body to access it's own natural wisdom to rebalance itself and to cope with your condition.

Specifically, the body's immune defenses are strengthened, elimination regulated, circulation increased, and the response to stress is improved.

How often can and should I do this cleanse?

One to three times a year is fine, although we recommend once every six to twelve months. Your health professional, who is more familiar with your situation, can make the best recommendation for you.

However, the more toxic the environment in which you interact, or the more severely your health is compromised, the more vitally important it becomes to cleanse often.

For example, a person working every day in a hair salon or breathing the toxic air in a polluted city environment, may have to cleanse every six months. On the other hand, a person with a healthy lifestyle and minimal exposure to toxins, may need to cleanse only once a year.

Is there anything else I have to do while taking the Internal Cleansing Kit?

It makes sense to limit the amount of toxins you take in while doing the cleanse, eat healthier, and get a good night's rest. Doing so helps the body have the most energy available for cleansing.

If, however, the most you can do is just to follow this cleansing program, absolutely do so. You will still reap benefits.

How will I feel during the cleanse?
Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

There may be occasional discomforts called "cleansing reactions". The more closely you eat an all raw diet of fruits and vegetables and/or their juices while cleansing, the more likely you will experience strong cleansing reactions. If the body is ready, some will even experience a "healing crisis". This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom at work focusing on the areas that need to reach optimal health.

Unlike disease processes, which lead to continued degeneration and loss of energy, any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.

What is a "cleansing reaction"?
Whenever the body releases toxins or kills off parasites faster than it can eliminate them, and/or the liver is functioning weakly, you may experience some discomfort until you regain your balance. This usually lasts anywhere from an hour to one or two days.

The common symptoms that signal a cleansing reaction might be any of the following: headache, itching, rashes, aching muscles and/or joints, fever, sweating, body odor, bad breath, mouth sores, appetite loss, nausea, vomiting, diarrhea, insomnia, tiredness or exhaustion. Don't worry. The cleansing reaction usually passes quickly and does not harm your body. It is only a sign that soon you will be feeling better than ever.

What can I do to help myself during a "cleansing reaction"?
Sit down, relax and drink a cup of **Refreshing Green Tea Blend**. Using two tea bags, let them steep for five to ten minutes, adding honey as desired.
(continued on next page)

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Green tea is helpful in absorbing toxins before they can react with your cells and gives you a little "pick-me-up".

Need more help? Try a distilled water, wheatgrass or peppermint tea enema, and/or a hot bath. Follow with a splash of cold water. A sauna helps to eliminate toxins even faster through the skin. Peppermint tea helps nausea. Valerian capsules help insomnia.

Decrease your **Digestive Stimulator** by one capsule on a particular night, if you had diarrhea that day. Yarrow tea helps fever and sweats. **Toxin Absorber** is good for any digestive upsets.

What is a "healing crisis"?

A healing crisis is more than a cleansing reaction.

Most all of us have absorbed toxins from our polluted environments, but not all of us have suffered with trauma or disease.

A cleansing reaction shows itself in generalized body symptoms while releasing toxins. A healing crisis shows itself in the reappearance of old symptoms associated within specific areas that have undergone injury or disease.

You may also experience the cleansing reaction symptoms while undergoing this repair work. The body's wisdom is such that as you clean out and regain energy, the body directs that energy to heal these old injuries or diseases. The body only does this when it knows it can handle it. Once again, the symptoms may be mild to severe, but only as much as your body can sustain at that time. It can last for a few hours, to a few days, and more rarely, for a few weeks.

The healing crisis mimics the symptoms of your particular past trauma, chronic illness, degenerative condition, or disease, but in a much shortened version. It is always preceded the day before by feeling "on top of the world" rather than by feeling "out of sorts".

The healing crisis passes quickly, while the disease process lasts much longer. You will come out of the healing crisis feeling better than ever, having...

(continued on next page)

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...successfully rejuvenated the weakened areas of your body.

How do diet changes affect my cleansing?
If you elect to make healthy changes to your diet, it will release more energy for cleansing and intensify the strength of your cleanse.

If you choose not to make any changes, and that is OK, you will still experience benefits. It will just take a little longer to get completely cleaned out, but you will be proceeding at a pace comfortable for you.

Consult the chart "Controlling the Strength of Your Cleanse" on page 12. There you will find the most appropriate next step for you to take in lightening up your diet. This will definitely help your body in its task of cleansing.

You may note that the chart lists a diet of raw, organic fruit juices as having the strongest cleansing effect on the body. You would be advised, however, to not jump to the top level of "juices only" unless you are already a raw foodist. However, it would be beneficial to add freshly made, organic fruit and vegetable juices to your present diet.

The important point to keep in mind is that while diet changes do affect your cleansing, there is no need to move up more than one step at a time on the chart. It is best to proceed gradually and observe how your body reacts. That way, you can stay in control and comfortable.

If you ever find that the rate of cleansing is too much for you, have a bowl of homemade vegetable soup and/or drop back a step in your diet and notice how it calms the process.

Vegetable Soup
1 potato, *scrubbed not peeled*
3 carrots, *scrubbed not peeled*
3 stalks of celery
1 onion
Chop all ingredients into small chunks, add to 2 quarts of boiling water and simmer covered for 40 minutes. Add 3 tablespoons of Miso and stir in.

What if I don't change my diet, will I still benefit?
If this is your first experience with a natural health program, you will...
(continued on next page)

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...find the **Internal Cleansing Kit** fun to take and notice an immediate increase in energy.

Once you have experienced the positive changes of a cleanse, you may be ready to go deeper. If so, try cleansing the next time, with healthier diet modifications for an even more powerful cleanse.

What books can I read to learn more about different types of diets?

Vegetarian
The New Moosewood Cookbook
— Mollie Katzen

Macrobiotic
The Self-Healing Cookbook
— Kristina Turner

Vegan
Everyday Vegan
— Jeani-Rose Atchison

Raw Foodist
Hooked on Raw
— Rhio

Raw Juices
The Juiceman's Power of Juicing
— Jay Kordich

Why are all these formulas part of the Program? Can I just do what I think I need?

All of the formulas in this program have been put together by our Master Herbalist and are the culmination of years of research and experience.

As one system of the body cleanses, another must be supported as it processes the removal of toxins.

While taking any one formula by itself is helpful, the **Internal Cleansing Kit** has been synergistically formulated to deliver the most powerful effect and support possible.

Not just one, but all six of the major detoxifying systems of the body are addressed as they work in concert.

Why are some formulas liquids and others capsules?

Some formulas perform more effectively as liquids, while others are better suited as capsules. The purpose of the formula determines what form would be most beneficial.

The most bitter tasting herbs have been encapsulated to make them easier to take.

In some of the capsule formulas, the main active ingredients have already been extracted and condensed into powder form for increased strength and better absorption.

What if I miss a dose?
We're all human and that happens sometimes. Just pick up again with the next scheduled dose, and continue taking that formula until you have completely finished the bottle.

This will mean that you have extended taking a formula in one Step on into the next Step. This is OK.

What if I skip a day?
This would not be recommended. The process of cleansing is a gradual one. Each step builds on the one before it. As your body begins to "get into it", you want to continue to give it the support it needs.

However, that said, if you still miss a day, just pick up where you left off and the whole program will take one day longer.

Do I have to be in the bathroom all the time?
While you will be going to the bathroom more often, you will not experience it as an overwhelming, uncontrollable or urgent need.

The **Digestive Stimulator** has been formulated to act very gently, but surely, with your body. You will find it quick, easy, and comfortable to have three plus bowel movements a day.

During Step Three, while taking the **Kidney & Bladder Rejuvenator,** you may experience the need to urinate more often. This is normal while cleansing the kidneys.

I need more than 4 Digestive Stimulator capsules to have daily bowel movements; is that OK?
That is perfectly OK, because you have discovered what your body needs. The average dose is 1–3 capsules for people who naturally have frequent bowel movements on their own. Those with severe constipation, that is, they usually only go once a week, will find they may need upwards of 10 or more capsules a night.

The number that works for you, no matter how many or how few, is the correct number.

If I use up my Digestive Stimulator, can I get more?
Yes, if you use up any of the products in the **Internal Cleansing Kit,...**
(continued on next page)

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...you can purchase them individually from your health care professional or directly from Blessed Herbs.

I feel bloated after drinking my Toxin Absorber; why and is this OK?

The **Toxin Absorber** is a bulk fiber formula that draws liquids and toxins to itself. You have seen how it begins to swell up after mixing with juice in your **Shaker Jar**. It continues this expansion in your stomach and intestines, drawing up to 40 times its weight in toxins to itself. This produces a "full" sensation after drinking it.

Because we have added a large, therapeutic dose of ginger root to the formula, this feeling dissipates quickly. Most do not experience any discomfort at all.

You will find that the ginger also greatly enhances the flavor of the drink, making it pleasant to taste and swallow.

How do I know if I have parasites?

If there are large parasites present, you may see them in your bowel movement. Be sure to observe everytime you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

Sometimes you may see what is obviously the shape of a whole worm. If it moves, you know for sure you are looking at a life form.

Microscopic parasites, however, are invisible to the naked eye and you can never actually see them in your bowel movements. If you have any of the "cleansing reaction" symptoms while taking your parasite formulas, this is a good indicator of either large or small parasites present in your body.

It is also possible that you will not see anything or experience any symptoms. This is quite common. You still may be a host to parasites. These are creatures that specialize in living "below your radar" to ensure their survival. That is why it is so important to do a parasite cleanse, at least yearly, and take nothing for granted.

Will I lose weight doing this?

Many people have reported weight loss from this program. While it is not designed specifically for weight loss, one of the benefits of a cleansed body and a healthy colon is that you release excess toxins and cellular wastes.

With improved digestion and elimination, you will find better assimilation of your food and less toxic storage.

Most importantly, you will find the **Internal Cleansing Kit** brings you into a new awareness of your own body. These changes just naturally inspire a cooperation with your body to realize better health and ideal weight.

I am taking various supplements or medications now; should I stop them?

It is important to consult with your health care professional. While it is more beneficial to do the program without added supplements, it is not always wise to discontinue their use.

If you are taking prescription drugs, it is better to wait until you have finished the course of your prescription before beginning your cleanse. If your prescription is needed for an ongoing, daily basis, please continue as directed. Check the list below to see which drugs may be affected by this program.

If you are taking dietary supplements or other herbal formulas, as long as they are not needed for critical life support, discontinue while cleansing.

The Internal Cleansing Kit may have the following effects:

- May increase the effect of digitalis.
- May interfere with tetracycline absorption.
- May increase the effect of blood thinner and diuretic drugs.
- May interfere with skin grafts and organ transplants.

Is there anything I should do after I am done with the cleanse?

If you are in relatively good health, continue cleansing once a year, and talk with your health practitioner on how to get started on a good maintenance program.

If you have severe health problems, cleansing two to three times a year for several years is recommended, along with any protocols your health care professional determines as necessary.

all about the **Formulas**

ABOUT OUR HERBALIST

Martha Volchok, AHG is the co-founder and Master Herbalist of Blessed Herbs. Martha's unique formulating style relies on her intuition as much as her 30 years of herbal knowledge and experience.

The combination of her vast knowledge and great intuition has allowed her to produce what is perhaps the most comprehensive and powerful internal cleansing program available today.

LEARN ABOUT EACH FORMULA

All of the formulas in this program have been put together by Martha Volchok and are the culmination of years of research and experience.

As one system of the body cleanses, another must be supported as it processes the removal of toxicity.

All the formulas in the **Internal Cleansing Kit** have been synergistically formulated to deliver the most powerful effect and support possible.

Taken together, the combination of these formulas does more than any one formula could do on its own.

In this section, you will find information about each formula and what every herb in the **Kit** does.

The statements in this section have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Refreshing Green Tea Blend

As your body cleanses, some days you may feel more sluggish and fatigued. Sit down and enjoy a cup of this tea for a little extra support, while neutralizing all those newly released toxins. May be taken whenever you feel the need.

12 tea bags 2 gms each

Green Tea leaf†, Jasmine Green Tea leaf, Grape seed extract 95% proanthocyanidin, and Amla fruit extract 20:1
All of these ingredients are antioxidants. Instant uptake into the body is provided through the tea form. Especially helpful for immediate relief in a cleansing crisis.

West Indian Lemongrass aerial parts†
good flavor, relieves cramps & gas, also provides digestive relaxers

Lemon Balm leaf†
relieves anxiety, panic, and restlessness

Oatstraw aerial parts†
calms and feeds nerves

Stinging Nettle leaf†
provides minerals for nerves

Dandelion root†
facilitates liver detox

Burdock root†
facilitates skin detox

Licorice root†
harmonizes formula

Irish Moss thallus
coats and soothes internal membranes

†certified organically grown

Digestive Stimulator

A natural herbal stimulant that tones, cleanses, and purifies the entire digestive system. It helps to eliminate the stored toxins released during this program as well as those that have been trapped in your body's intestinal walls.

90 caps 450 mg/cap

Cape Aloe leaf & Aloe Vera leaf
laxative, stomach & liver tonic, blood cleanser

Cascara Sagrada bark
laxative, bitter tonic, stimulates digestive secretions of liver, gallbladder, stomach and pancreas

Ginger root†
reduces gas, bloating and nausea

Chinese Rhubarb root†
stimulating tonic for liver and gallbladder ducts and mucus membranes, promotes removal of toxins from bowels and blood

Barberry root
antimicrobial, stimulates stagnant liver, gallbladder and spleen

Dandelion root†
decongests liver, stimulates bile flow, help release and absorb toxins

Fringe Tree root bark
tonic action on spleen and pancreas, liver stimulant

Meadowsweet aerial parts
antacid, calms overactive digestive system

Plantain aerial parts†
reduces inflammations, helps remove congestion in the intestines, breaks up mucoid plaque

Ginger root†
reduces gas, bloating and nausea

Fennel seed†
reduces gas and cramping

Peppermint leaf†
stimulates liver and gallbladder, cleanses colon, improves digestion

Fenugreek seed†
reduces intestinal inflammation, normalizes bowel activity

Licorice root†
harmonizes formula

Triphala (Amla fruit, Chebulic Myrobalan fruit, Belleric Myrobalan fruit)
ayurvedic formula:
1) laxative
2) supports nerves & brain
3) vitamin C for liver detox

† certified organically grown

Toxin Absorber

A gentle, bulk-forming stimulant that helps to draw mucoid plaque off the intestinal walls. It also absorbs more than forty times its own weight in toxins, heavy metals, and excess cholesterol in your intestinal tract.

14 packets 10 gm each

Psyllium seed husks
an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon

Apple pectin
binds cholesterol, triglycerides and blocks their absorption from the gut

Ginger root†
reduces digestive discomfort and bloating from Psyllium

Bentonite clay
absorbent that draws toxins to itself, absorbs more than 40 times its weight in toxins

† certified organically grown

Liver & Gallbladder Rejuvenator

Helps the body's major cleansing agent cleanse itself! Stimulates the release of stored toxins, removes congestion, releases bile, and purifies hormones. Rebalances any deficient, stagnant, or excessive functioning of the liver. It will also protect the liver as the toxins are released.

90 caps 450 mg/cap

Dandelion root† promotes liver detox, stimulates gallbladder to secrete bile

Milk Thistle seed † liver detoxifier, regenerator and protector

Milk Thistle seed extract 80% silymarin the extract form insures a therapeutic dose for liver regeneration, protection and detoxification

Schisandra berry protects and stimulates liver, protects and tones all organ systems of the body, nerve tonic

Artichoke leaf† promotes bile secretion

Lycium berry stimulates liver function

Reishi mushroom extract 4:1 a special alcoholic extract that brings out the protecting and regenerating properties of Reishi—especially for the liver

Peppermint leaf† helps colic and gas

Amla fruit supports liver detoxification with supply of Vitamin C

Barberry root stimulates gallbladder

Celandine aerial parts stimulates gallbladder and liver

Licorice root† harmonizes formula

Citrus Bioflavonoids antioxidant, increases body's level of vitamin C

† certified organically grown

Toxin Neutralizer

A powerful anti-oxidant formula that neutralizes and prevents toxins from binding to or damaging healthy cells. It also helps the liver deactivate toxins.

75 caps 450 mg/cap

Caffeine free Green Tea leaf extract 90% polyphenols & EGCg 30% and Green Tea leaf†
antioxidant, combats free radical damage to cells, protects kidneys from uremic toxicity

Spirulina†
detoxifier

Grape seed extract 95% proanthocyanidins
antioxidant, 95% proanthocyanidins are present at a therapeutic dose

Amla fruit and Amla fruit extract 20:1
contain large amounts of vitamin C which promotes liver detoxification

† certified organically grown

Friendly Bacteria Replenisher

Establishes friendly bacteria in both the small and large intestines, thus enhancing the digestion and assimilation of food. Helps produce B vitamins. Prevents overgrowth of Candida yeast, disease-causing bacteria, and parasites.

49 caps

3 billion viable cells per cap

Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum bacteria
1.4 billion live strains of each
• Friendly bacteria are the 1st line of defense against harmful bacteria and parasites in the intestines

• Each bacterial strain is micro-encapsulated to protect it against air, moisture and light
• Requires no refrigeration
• Even after 2 years on the shelf, 1 billion of each bacteria will be ready for ingestion and use, thus assuring a therapeutic dose

Gum Arabic Tree resin
food for friendly bacteria

Acerola extract 25% Vitamin C
supports friendly bacteria growth and detoxification

† certified organically grown

Small Parasite Eliminator

Eliminates the microscopic parasites such as “bad” bacteria, fungi, yeast, viruses, one celled protozoas such as amoeba and giardia, and other parasites too small to be seen by the naked eye.

2 fl oz (59.2 ml)

Green Black Walnut hulls
microbial parasite killer and worm killer

Olive Leaf extract 6% Oleuropein
kills 100’s of species of bacteria, fungi, viruses, and protozoa

Pau d’ Arco bark
especially for use against Candida

Shiitake mycelia L E M extract 6:1
anti-viral

Licorice root†
harmonizes formula

Cat’s Claw bark
stimulates immune system, indirect killer of parasites

Barberry root
kills small organisms in the intestines

Echinacea Angustifolia root
strengthens immune system

Shiitake mushroom extract 8:1
fights bacterial and parasitic infections

Southern Prickly Ash bark
circulatory stimulant

Grapefruit seed extract†
kills 100’s of bacteria, fungi, viruses and protozoa

†certified organically grown

Large Parasite Eliminator 1

Eliminates parasites including pinworms, roundworms, hookworms, tapeworms, flukes, and other large parasites that are visible to the naked eye. While many believe parasites are a problem limited to third world countries, this is far from the truth.

52 caps 450 mg/cap

Quisqualis fruit†
kills worms—especially roundworms

Wormwood aerial parts†
bitter digestive tonic, eliminates worms

Clove flower bud†
anti bacterial, anti fungal, kills worms

Ginger root†
calms the digestive system

Licorice root†
harmonizes formula

†certified organically grown

Large Parasite Eliminator 2

Helps eliminate worms and has additional herbs to expel them, calm the digestive system, and boost the body's defenses.

2 fl oz (59.2 ml)

Torreya Grandis nut
kills intestinal parasites; including tapeworms, pinworms, hookworms and roundworms

Ginger root†
reduces gas, bloat, nausea, and digestive disturbance

Astragalus root†
boosts immune system

Elecampane root†
helps expel parasites

Butternut bark
mild laxative

Wild Yam root
stops cramping

Fennel seed†
reduces gas and cramping

Licorice root†
harmonizes formula

†certified organically grown

Kidney & Bladder Rejuvenator

Stimulates, decongests, soothes, and tones the kidneys and bladder in their daily task of cleansing. It will help dissolve stones and mucus, reduce spasms, and protect from the adverse effects of toxins.

2 fl oz (59.2 ml)

Birch bark
anti-inflammatory, diuretic, decreases uric acid

Cornsilk stigma†
soothing diuretic, removes stones and sediment

Canadian Goldenrod top aerial parts
diuretic, mucus dissolver, antiseptic

Dandelion leaf†
diuretic, provides a high potassium level

Cordyceps mycelia CS-4 extract 2:1
kidney tonic

Hydrangea root
prevents kidney stones

Stoneroot root
prevents stones and sediment in urinary tract

Wild Yam root
antispasmodic

Pipsissewa aerial parts
astringent tonic, diuretic, clears urine of mucus

Yarrow aerial parts
anti-inflammatory, clears congestion in the kidneys

Linden flowers
relaxes nerves

Southern Prickly Ash bark
circulatory stimulant

Red Clover blossoms†
softens deposits, clears toxins, restores kidney essence

Cleavers aerial parts
lymphatic tonic with alterative and diuretic actions

Fragrant Waterlily root
demulcent, astringent

Marshmallow root†
soothes and coats the membranes of urinary tract

Parsley root
relieves fluid congestion

Licorice root†
harmonizes formula

† certified organically grown

Lung Rejuvenator

Opens and expands the airways, liquefies mucus, softens deposits, and loosens toxic buildup while clearing it out of the lungs. Reduces inflammation, strengthens the body's defenses, promotes tissue repair, and increases airflow.

2 fl oz (59.2 ml)

Mullein leaf
expectorant, tones mucus membranes of respiratory system

Mullein flower
anti-inflammatory

Lungwort lichen
supports lung tissue, soothing expectorant

Inmortal root
bronchial dilator, stimulates lymph drainage from the lungs

Grindelia aerial parts
expectorant, antispasmodic, relaxes smooth muscles

Wild American Ginseng root
adaptogenic, restorative tonic

Elecampane root†
Relaxing mucilage, stimulating expectorant

Chlorella
heavy metal detoxifier

Cordyceps mycelia CS-4 extract 2:1
increases activity of body's antioxidant, superoxide dismutase, removes blockages in lungs

Long Pepper fruit
breaks up lung congestion

Turkey Tails mushroom extract 8:1
heals lung disorders, clears dampness, reduces phlegm

Black Peppercorns†
stimulates circulation

Ginger root†
stimulates lungs

Lobelia aerial parts
relaxes bronchials

Sweet Violet leaf & flower
supports lungs

Licorice root†
harmonizes formula

† certified organically grown

Blood & Skin Rejuvenator

While cleansing and eliminating toxins from the blood, it also supplies the blood with easy-to-assimilate nutrition. Cleaner blood is directly reflected in a more glowing skin. It also tones the heart muscle, softens deposits in the blood vessels, strengthens and supports the tissue of arteries and veins.

2 fl oz (59.2 ml)

Oregon Grape root
helps release stored iron into the bloodstream for stronger blood and immune system, heals skin problems due to liver and gallbladder dysfunction

Sarsaparilla (Jamaican) root
blood cleanser, binds toxins in gut to keep them from entering bloodstream

Stinging Nettle leaf†
blood tonic, nourishes and restores blood

Burdock root†
blood detox, antibiotic, helps clear up acne, eczema, and psoriasis.

Yellow Dock root
helps heal chronic, dry, itchy skin

Hawthorn berry
strengthens heart muscle, supports cleansing of blood vessels and arterial system

Butcher's Broom root
supports cleansing of veins

Kelp thallus†
provides minerals for the blood

Chlorella
blood detoxifier and nourisher

Bee Pollen†
insures proper metabolic process by providing all nutrients the body needs

Southern Prickly Ash bark
circulatory stimulant

† certified organically grown

Lymph Rejuvenator

Cleanses and supports the functioning of the lymphatic system, lymph nodes and vessels, and the overall defense mechanisms of the immune system. It helps to decongest, drain and transport lymph fluids, while assisting in the removal of toxins, tissue wastes, and cellular debris.

2 fl oz (59.2 ml)

Ocotillo stem
decongestant for the lymphatic system

Red root
lymph decongestant

Red Clover blossoms†
cleans lymphatic vessels

Cleavers aerial parts
detoxifies lymph nodes

Stillingia root
reduces swelling and congestion in lymph glands

Astragalus root†
stimulates lymph and immune response

Echinacea Angustifolia root
stimulates lymph system

Mullein leaf
softens lymph node congestion

Southern Prickly Ash bark
stimulates lymph circulation

Licorice root†
harmonizes formula

†certified organically grown

about **Blessed Herbs**

Blessed Herbs is a family owned and operated medicinal herb business in the Upland Region of Massachusetts. For almost 20 years, we have been providing over 600 premium quality bulk herbs and herbal products to herbalists, health professionals, herbal manufacturers, health food stores, and individuals in the United States and abroad.

Our herbs come from our own network of wildcrafters and organic growers whom we personally know. Our wildcrafters gather the herbs from the wilds of nature in areas free from pollution, at the height of their potency and with an awareness as to correct species and ecological balance. Our certified organic growers cultivate without the use of synthetic fertilizers, herbicides, or pesticides and take care to enrich the soil naturally. All our herbs and herbal products are free of any fumigation, irradiation, or synthetic chemicals.

Recognizing that herbs are a gift from our Creator intended to nourish, heal, and soothe us, we strive to bring that blessing to you.

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